Medical Benvenuti

"Serving to Heal…Honored to Serve"

Healing Warriors

January 2015

Administration Note

- Soldiers, please fill out the medical readiness in-processing sheet completely

- On Thursday afternoon, you will perform Medical Readiness In-processing and the Army Wellness Center In-processing.

Program Elements

https://ermc.amedd.army.mil/vicenza/index.cfm

- How To Schedule An Appointment
- After Hour Care & Hospitalizations
- Tricare and Referrals
- Tricare Online and Relay Health
- Health Center Services
- Dental Command
- Self Care Course

Vicenza Health Center Command Team

Clinic Commander
COL Andrew Barr

Detachment Sergeant
SFC Ofelia Gutierrez

Patient Centered Medical Home

Includes Primary Care and Pediatrics

- Patients/families enrolled through TRICARE will be assigned to a primary care manager (PCM)

- Patients may request to change their PCM by submitting DD Form 2876 through TRICARE

- SCMH: Soldier Center Medical Home
  - Ederle and Del Din

- PCMH: includes Primary Care & Pediatric Clinics

How To Schedule An Appointment

US ARMY HEALTH CENTER
Appointment Line
0444-61-9000 or DSN 636-9000
0730-1630 M,T,W,F
(Closed for Lunch 1130-1230)
1300-1630 TH
or
Make Your Appointment
Using Tricare Online
24hrs a day 365 days a year

Appointments

- Routine appointments – Well Visits and follow-up
- Acute appointments – Open Access
  - Happen on the Same Day, or within 24 hours of request
- Tricare Online - Enroll in the Tricare office
  - Around 80% of our appointments can be booked by you online
- Telephone Consults (Provider or RN)
  - Secure Messaging (Relay Health)
  - Services can be used for Lab Results, Medication Refills, and some Clinical Needs

After Hours Medical Emergency Information

- The San Bortolo Hospital in downtown Vicenza currently serves as the emergency medical facility for the Vicenza U.S. military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. Available 24/7 (0444 75 3300)
  - Location: San Bortolo Hospital, Vicenza
    - Viale Ferinando Rodolfi 37, Vicenza, VI
    - GPS: 45.555207 N, 11.545896 E
- Phone for Ambulance: On post, dial 99-118, Off post, dial 118
- Nurse Advice Line: 800-877660
  - English Speaking, available 24 hours per day

First Aid and Emergencies

For any threat to life, limb, or eyesight

When in doubt,

CALL 118

- Is seriously ill
- May have a head or back injury
- May have experienced a heart attack
- Is severely short of breath

CALL AN AMBULANCE

When to Call a Poison Center?

- You should call a poison center if you think someone has been poisoned. Call even if you're not sure.
- You should also call the poison center to ask about poison prevention and how to poison proof your home.
- Poison Centers are open 24 hours a day, 7 days a week, every day of the year!
- All questions about poisons are smart questions

00800-444-88444

Emergency Contact Info

Emergency	Where	Numbers
Medical Emergency	Off-Post	118 (You will be transferred to an English speaker)
	On-Post/Villagio	MP Desk (Cell Toll Free) 800-064-007 or DSN 634-7626
Having A Baby	Off-Post	0444-75-3300 or DSN 634-8384
	On-Post	0444-75-3300 or DSN 634-8384
Quick 24/7 Numbers		
Nurse Advise Line	800-877-660	
Chaplain	0444-72-5273/634-5373	
San Bortolo Patient Liaison	0444-72-5273/634-5373	
Domestic Abuse/Advocacy	0444-72-5273/634-5373	
Sexual Assault/Advocacy	0444-72-5273/634-5373	
Suicide Prevention Hotline	00800-1273-TALK (8255) DSN 118	
Poison Control	**00800-444-88444**	
Handy GPS Coordinates		
San Bortolo Hospital Emergency Room 45.555207/11.545896		

TRICARE Enrollment

- Enrollment forms are provided during Sponsor's in-processing (need copy of orders also).
- Soldiers will be assigned a PCM (Provider) based on unit assignment.
- Family members will be assigned a PCM in the PCMH under either the Red team (Adult) or White team (Pediatrics) if they are Command Sponsored.
- Enrollment Categories:
  - Active-duty service members (TRICARE Prime)
  - Active-duty family members who are Command Sponsored (TRICARE Prime)

If you are not Command Sponsored you will not be enrolled in TRICARE Prime and will remain as TRICARE Standard which is considered a **SPACE A category***.

TRICARE ONLINE (TOL)

- What health care information and services does TOL provide?
  - Appointment Center – Schedule, view, set reminders and cancel primary care and select self-referral specialty appointments at a military hospital or clinic for you and your family
  - Blue Button – Access personal health data; View, download and or print your medication profile, allergy profile, problem lists, encounters, laboratory results, radiology results and vitals

https://www.tricareonline.com/materials/TOL_Overview_final.pdf

TRICARE ONLINE (TOL)

- Pharmacy:
  - Prescription (Rx) Refill – Request Rx refills for military hospital or clinic pick up, check status of Rx, or link to the TRICARE Mail Order Pharmacy to schedule home delivery
  - Secure Messaging- Link to access a robust bi-directional messaging capability to securely communicate with your health care team

https://www.tricareonline.com/materials/TOL_Overview_final.pdf

TRICARE Referral Process

- Patient is seen by their PCM who may determine that a referral to another service is warranted. The PCM will submit a referral into system.
- After appointment (same day) patient goes to TRICARE Referral Center to fill out paperwork
  - Appointment **will not** be booked on this day.
  - Once ISOS receives the referral request it can take up to 5 days (working days) for a response (acceptance or denial of request).
- If accepted the TRICARE Referral Center will inform the patient of appointment time.
- Must take pertinent medical records, notes, labs, x-rays, tests to the visit.

MEDEVAC-PAD Process

- MEDEVAC hours Mon-Fri 1230-1630
- If your physician puts you in for a referral to Landstuhl Regional Medical Center (LRMC) or Aviano for a specialty appointment, you must wait **72 HOURS** for the referral to be approved before completing the following steps:
  - Visit Patient Administration Department (PAD) to verify referral has been approved.
  - If LRMC, call DSN 486-8106 or 49-6371-9464-5762
  - If Aviano, call DSN 632-5000 or 39-0434-30-5000
  - Once the appointment is made, go to PAD to obtain the documents you will need for your appointment.
  - Information regarding transportation to and from your appointment, hotel arrangements, as well as

Health Center Services

Services

Army Wellness Center
Behavioral Health
Dietitian
Dermatology
Immunization
Laboratory
Medical Readiness
Optometry
Patient Administration
Pediatrics
Pharmacy
Physical Therapy
Primary Care
Radiology
Tricare

- Metabolic Testing
  - Measures calories burned at rest and used to determine diet/exercise changes for weight loss, maintenance, or gain.

- Fitness / VO2 Assessments
  - Evaluation of cardiovascular fitness as well as strength and flexibility. Includes individualized recommendations for your training program.

- Biofeedback and Stress Management
  - Learn how to modify your response to stress while observing your body's breathing and heart rate and rhythm.

- Other Services
  - Body Composition testing, Blood Pressure monitoring, Wellness Coaching, Tobacco Cessation, Group Education classes

- On Thursday you will be going to the Wellness Center as part of your in-processing. You should complete the online part prior to your arrival. The link is as follows:
  - https://armyfit.army.mil/AWC/Default.aspx

Behavioral Health (BH)

- **Primary Mission**: Assess and treat psychological disorders to promote well-being and augment combat readiness.

- **Business Hours**: M, T, W, F - 0730-1630
  Th - 1230-1630

- **Location**: Building 2310 Caserma Ederle (2nd flr)
- **Appointments**:
  - Commercial: 0444-61-9140
  - DSN: 636-9140
- **After-Hours Emergency Care:**
  - Commercial: 0444-71-5273
  - DSN: 634-5273

Embedded BH Health

- **Business Hours**: M, T, W, F - 0730-1630
  Th- 1230-1630

- **Location**: Building 2 Caserma Del Din

- **Appointments**:
  - Commercial: 0444-61-9900
  - DSN: 636-9900

- **After-Hours Emergency Care**:
  - Commercial: 0444-71-7233
  - DSN: 634-7233

Immunizations

- **All immunizations are done on a walk-in basis**
  - Hours of Operation
    - Monday: 0800-1130 & 1300-1530
    - Tuesday: 0800-1130 & 1300-1530, Allergy shots 0800-1130
    - Wednesday: 0800-1130 & 1300-1530
    - Thursday: 1300-1530, Allergy shots 1300-1530
    - Friday: 0800-1130 & 1300-1500

- **Please check in at the Pediatric's front desk**

Lab

- Lab Telephone Number: 0444-61-9040
- Hours of operation:
  - Mon, Tues, Wed, & Friday 0730-1630
  - Thurs 1230-1630
  - CLOSED on Weekends, Training & Federal Holidays

- Fasting Labs (Glucose and Cholesterol screen)
  - Do not eat, only water 12 hours before lab draw.

- Expected wait times…
  - Walk-in…first come first served

Optometry

- Soldiers and Dependents
  – Ages 6 months and up
- Appointments made through central appts
- Glasses and Contact Lens prescriptions
- Refractive Surgery at Landstuhl (Active Duty Only)

Patient Administration

- Patient signs medical record's Privacy Act and Notice of Privacy Practices.
- Turn in medical record
- PAD can provide copies of records and other medical information, request medical documents from other facilities, and mail records

Pharmacy

- Pharmacy hours of operation:
  - Mon, Tues, Wed, & Friday 0800-1630
  - Thurs 1300-1630
  - CLOSED Weekends, Training & Federal Holidays
  - Pharmacy Telephone
    - 0444-61-9130 (commercial)/636-9130 (DSN)
    - Refill line: 0444-61-9133 (commercial) 636-9133 (DSN)
- Process for obtaining pharmacy services
  - New prescriptions
  - Refills requested through automated telephone system, drop box or TRICARE online
  - Self-care program
  - Prescription transfers from another pharmacy
- Clinical consultation with the pharmacist

Pharmacy Automated Refill

****REFILLS MUST BE REQUESTED IN ADVANCE****

Vicenza Pharmacy Refill Instructions

Have prescription number and sponsor's last four ready

Call any of the following phone numbers:

DSN 636-9133

Civilian 0444-61-9133

Toll Free 00-800-744-62500

Press # **1** for Landstuhl Footprint

Press # **3** for Vicenza Pharmacy

Press # **1** to Refill

Or Refill Online @ www.tricareonline.com

Pharmacy Drop Box

- Can be used to request
  - Refills
  - New prescriptions
- Complete the drop box request form (make sure to include patient name, sponsor's last four, date of birth and daytime telephone number)
  - Indicate the name of medication if known (or prescribing provider)
  - List the names (or uses) for all medications to be refilled
- Return to pick up medications
  *Drop-off by 10am□pickup after 1300
  *Drop-off by 2pm□pickup after 1600
  *Returned to stock after 10 calendar days

Physical Therapy

- Provides care for musculoskeletal conditions (sprains, strains, etc.) and mild TBIs, primarily through therapeutic exercises
- Referral required from Primary Care Manager (PCM) to book an appointment
- After a referral is placed, wait 72 hours and call 636-9080 to book

Primary Care

- Pregnancy Tests available in Primary Care Clinic
  (Mon-Wed & Fri 0900-1100 & Mon-Fri 1300-1500)
- Current OB Services:
  - Referred to local providers or Aviano
- Childbirth Deliveries
  - Referred to San Bortolo, a local Italian hospital or Aviano
- Information regarding services is provided to patient when pregnancy is confirmed.

Radiology

- Getting X-Rays:
  - Walk in basis
  - Children cannot be left unattended. if, as a parent, you would like to assist your child in the room, other children need to have supervision.
- Making copies:
  - One (1) day turn around. Go to the front desk of Radiology and fill out a request and pick up the next morning. If it will be another person picking up the images, a release of information will need to be filled out and signed by the patient.
- Exams completed off post:
  - Exams completed at Alta Villa or San Bortolo (MRI,CT,US) are read and translated at San Bortolo; the translation process can take weeks. The images then come to Tricare and make their way to Radiology. This can take 2-3 weeks. We then upload the images into the EMR which allows LRMC to have access to the images. If you need to make another appointment to Landstuhl and need these images, leave enough room for us to receive them.

Dental Command

- **Hours of operation**: 0730-1630
  - DSN Phone: 636-9210
  - Civ Phone: 0444-61-9210
- **Sick call**:
  - MON TUE WED FRI: 0830-1130
  - THUR: 1230-1530
- **After Hours**
  - Call MP Desk at DSN 634-7626 or
  - Civ Phone at 0444-71-7626

THE PERFORMANCE TRIAD INITIATIVE

Is part of the Army's
Ready & Resilient Families

Focuses on three primary areas:
Nutrition
Sleep
Activity

Performance Triad

The health and wellness of the Force is critical to the Army remaining mission ready and fit to fight

Activity

Nutrition

Sleep

Soldiers, Civilians, Family, Retirees

Feedback and Lessons Learned

Reassess & Readjust

Performance Triad expands across the total Army

Choose a lifetime of healthy life choices that embeds healthy activity, nutrition and sleep into the Army's DNA in support of Army readiness

Prescription for a Proper Diet

- Eat a variety of foods about every 4-5 hours
- Eat more: fruits and vegetables, whole grains, lean proteins, low-fat dairy, healthy fats.
- Eat less: processed, fast/convenience, fried, added sugars and refined grains, low nutrient density foods
- Follow the My Plate guidance
  - Choose 1/2 plate fruits/veggie
  - Choose more whole grains
- Drink plenty of fluids (water works best) – at least 8 glasses per day

http://www.foodpyramid.com/myplate/

BENEFITS OF EATING HEALTHY

- Sustained energy
- Improved performance (physical, emotional, and cognitive)
- Improved focus

http://www.foodpyramid.com/myplate/

Exercise Regularly

Recommendations for Exercise

- Always warm up your muscles before exercise
- 150+ minutes of moderate intensity exercise per week.
- Move at least 10,000 steps per day which is approximately

  5 miles.
- Use the stairs, take walking breaks, park farther away.
- Keep moving!

Exercise

Benefits of regular movement/physical activity:

- Increases blood flow
- Burns calories and helps maintain a healthy weight
- Reduces risk of cardiovascular disease and diabetes
- Improves mental health and mood
- Reduces chronic pain

To Maintain A Desirable Weight

Exercise Regularly

Follow a Well-Balanced Diet

Get Adequate Sleep

- Most research shows that 7-9 hours of sleep in 24 hours is adequate for adults
- Breslow and Enstrom found the lowest death rates in those getting 7-8 hours of sleep

Adolescents

- 10-17 years need 8.5–9.5 hours

Adults

- need 7—8 hours

Infants

- Birth–2 months need 12–18 hours
- 3–11 months need 14–15 hours

Toddlers/Children

- 1–3 years need 12–14 hours
- 3–5 years old need 11–13 hours
- 5–10 years old need 10–11 hours

http://cdc.gov
http://www.sleepfoundation.org/

Insufficient Sleep

- **IMMEDIATE EFFECTS (MOST CRITICAL):**
  - Impaired operational readiness:
  - Impaired mental effectiveness
  - Impaired alertness
    - Effects are IMMEDIATE (seen after 1 night of insufficient sleep)
    - Effects are INSIDIOUS (person may feel fine)

- **DAILY / MID-TERM EFFECTS:**
  - Overall mood and sense of well-being
  - Ability to work with and resolve conflicts with co-workers, family members
  - Motivation to stick to PT regimen
  - Motivation to stick to healthy diet
  - Job productivity

- **MID/LONG-TERM ASSOCIATIONS:**
  - Increased risk for developing behavioral health problems (combat operational stress disorder, PTSD)
  - Increased risk for weight gain, Type II diabetes, heart disease, etc.

Prescription For Sleep Health

- Create a quiet, dark, comfortable sleeping environment.
- Use the bedroom only for sleep and intimacy.
- Stop caffeine at least 6 hours before bedtime.
- Don’t drink alcohol before bed.
- Get your exercise in by early evening.
- Don’t go to bed hungry.
- Maintain a consistent, regular routine that starts with a fixed wake-up time.
- Get out of bed if you can’t sleep.
- Nap wisely and sparingly.
- Move the bedroom clock to where you cannot see it.

Self Care

What Is Self Care?

- Self Care:
  - Actions taken by an individual to control his/her medical care, health, and well being.
  - Personal responsibility combined with education will enable you to avoid, or be better prepared to overcome health problems.

Self Care

- Treatment of minor illnesses such as sore throat and cold
- Seeking early treatment for problems
- Keeping up with immunizations

- **Get health screenings**
  - Cholesterol & BP screening
  - Pap smears & Chlamydia screenings
  - Breast Exams & Mammograms (>age 40)
  - Testicular (≥ age 18) & prostate exams (>age 40)
  - Colorectal (≥ age 50)
  - Skin exams
  - Well Child visits – 6 or more visits during the first 15 months of life beginning at 2 weeks after birth.

Home Treatment

- Drink a lot of liquid
- Take OTC Medications as needed for symptoms
- Rest
- If symptoms persist or you have exceeded your level of comfort, make an appointment to see your provider.

OTC Uses

- Allergies
- Constipation
- Skin rashes
- Diarrhea
- Cold and Cough
- Fungus
- Pain
- Minor wounds/cuts
- Fever

Allergy Medications

- **Antihistamines** (“-amine”)
  - Diphenhydr**amine** (Benadryl)
  - Claritin (Loratadine)
  - Ketotifen (Zaditor)
- **Decongestant** (“-ephrine” or “-edrine”)
  - Pseudoph**edrine** (Sudafed)
  - Afrin (oxymetazoline)
  - Phenylephrine (Neo-Synephrine)

have any questions regarding symptoms and medications, you should see a pro

Cold Medications

- Nose drops and Sprays:
  - Ayr (Saline)
- Decongestants:
  - Sudafed (Pseudophedrine)
- Cold & Allergy:
  - Dimetapp (Brompheniramine & pseudoephedrine)
- **Always read the package to see if the medication interferes with current medications or health conditions!
  - i.e.: hypertension, hypothyroidism, aspirin, acetaminophen, etc.
- Cannot be cured by antibiotics or any other drugs.
- OTC medications can be used to decrease the

Cough Medications

- Cough Suppressant vs Cough Expectorant
- Robitussin DM (guaifenesin/dextromethorphan)
  - (Dextromethorphan is the active ingredient in OTC medications advertised to suppress cough—it is always mixed with other medications)
- Throat Lozenges can either suppress cough or relieve sore throat. Read the package carefully to select the right one.

Pain and Fever Medications

- Tylenol (**Acetaminophen**)
  - Tablets & liquid
  - Children's liquid
  - Adult tablets and children's chewable
- Motrin (**Ibuprofen**)
  - Tablets & liquid
  - Children's liquid
  - Adult tablets

Pharmacy Self-Care Program

For health conditions that can be managed with over-the-counter (OTC) medications

PROCESS

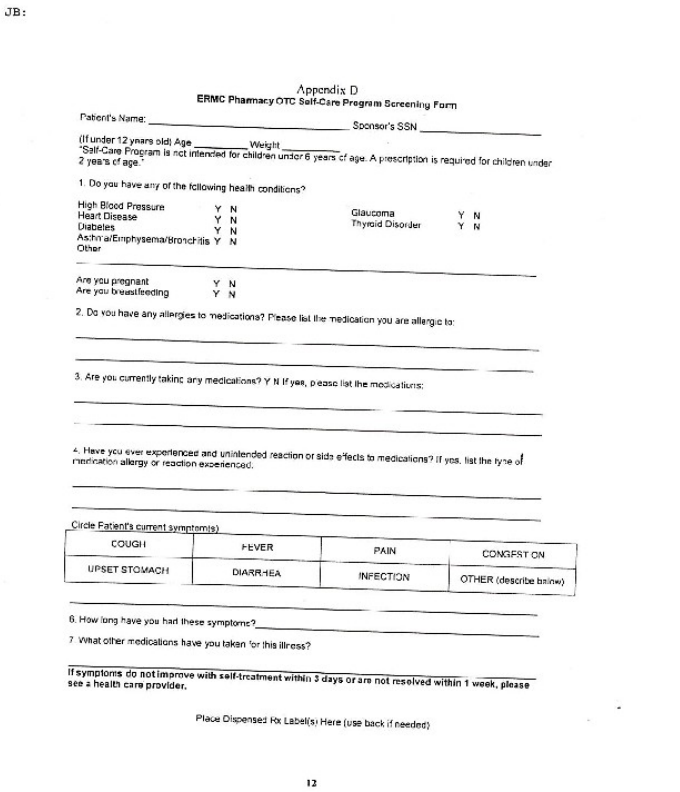
(1) Pull a number

(2) Fill out the self-care questionnaire

(3) When your number is called, bring it to the pharmacy window

(4) Pharmacy will dispense OTC products based on health history and symptoms

*Can also be used to request a thermometer, some diabetic supplies and condoms



JB:

Appendix D

ERMC Pharmacy OTC Self-Care Program Screening Form

Patient's Name: _____ Sponsor's SSN _____

(If under 12 years old) Age _____ Weight _____

"Self-Care Program is not intended for children under 6 years of age. A prescription is required for children under 2 years of age."

1. Do you have any of the following health conditions?

High Blood Pressure	Y N	Glaucoma	Y N
Heart Disease	Y N	Thyroid Disorder	Y N
Diabetes	Y N		
Asthma/Emphysema/bronchitis	Y N		
Other			

Are you pregnant Y N

Are you breastfeeding Y N

2. Do you have any allergies to medications? Please list the medication you are allergic to:

3. Are you currently taking any medications? Y N If yes, please list the medications:

4. Have you ever experienced and unintended reaction or side effects to medications? If yes, list the type of medication allergy or reaction experienced.

Circle Patient's current symptom(s)

COUGH	FEVER	PAIN	CONGEST ON
UPSET STOMACH	DIARRHEA	INFECTION	OTHER (describe below)

6. How long have you had these symptoms? _____

7. What other medications have you taken for this illness?

If symptoms do not improve with self-treatment within 3 days or are not resolved within 1 week, please see a health care provider.

Place Dispensed Rx Label(s) Here (use back if needed)

12

FUNGUS

Fungus needs moist, undisturbed areas to grow and will often disappear with regular cleansing, drying and application of powder to keep the area dry. Clean the area twice a day.

Medications

Yeast Infections

Mycelex Vaginal Cream
(Clotrimazole)

Athlete's Foot

Mycelex External Cream
(Clotrimazole)

Tinactin Powder (Tolnaftate)

(Be sure to treat footwear as well)

MINOR WOUNDS

- Cuts
- Scrapes
- Abrasions
- Puncture wounds
  - Pins
  - Tacks
  - Needles

HOME TREATMENT

A dirty wound often becomes infected.

- Clean the wound with soap and water or 3% hydrogen peroxide.
- Make sure no dirt, glass, or other foreign material remains in the wound.
- Most scrapes will scab rather quickly; this is natures way of dressing the wound.

TOPICAL ANTIBIOTIC

Bacitracin Ointment

Diaper Rash

- Treatment of diaper rash is aimed at keeping the skin dry and exposed to air.
- While the rash will take at least several days to completely clear, you should see definite improvement within the first 48-72 hours.
- To prevent diaper rash, some parents use zinc oxide ointments, petroleum jelly or other protective ointments.
- Some use baby powder.
- When in doubt, consult your Pediatrician

Caution: Talc Dust can injure babies' lungs if breathed in.

Diarrhea

Medications

Pepto-Bismol - Warning: do not use in children; contains salicylate (aspirin like substance)

Loperamide

Other Means of Treating Diarrhea

Occasional loose stools do not require medication

Clear Liquid Diet

“Bread, Rice, Applesauce, & Toast” foods

Constipation

Medication

Milk of Magnesia (**MOM**)

Dietary Means of Treating Constipation

Vegetables, fruits, fluids, and fiber

Infants/Children - Refer to your Pediatrician for guidance

Occasional Upset stomach

Medication

Antacids

Maalox

Tums

For chronic problems, see your provider.

Medication Storage

- Store according to package instructions
  - Room temperature (59 - 86 degrees F)
  - Refrigerator (36-46 degrees F)
- Protect from light and moisture
- Store in original container
- Keep lid tightly closed
- Medication Disposal Box outside Health Center

Keep away from children and pets

Sun & Bug Protection

- Sunscreen minimum of SPF 30 (preferably with zinc)
- Limit time in the sun
- Avoid the sun between 10 am and 2 pm when the burning rays are strongest
- Wear a hat with a 3 inch brim
- Use insect repellent whenever outside
  (should contain DEET)

- Note: AAP recommends that repellents with DEET should not be used on infants less than 2 months old.

Tobacco Use

Benefits of Quitting

- The risk of heart attack reduces substantially the first week after quitting.
- Two years after quitting, the risk of heart attack returns to average size & function.
- After ten years, the risk for lung cancer is back to nearly normal

Tobacco Cessation Program

Nicorette Gum, Patch, Zyban and Chantix
Group Class
Support Group
Call the Wellness Center to sign up for the class at 0444-71-8186

Alcohol Moderation

- What is a Drink?
  - 12 ounces of regular beer or wine cooler
  - 8 ounces of malt liquor
  - 5 ounces of wine
  - 1.5 ounces of 80-proof distilled spirits or “liquor” (gin, rum, vodka, whiskey)
  - Levels and Patterns of Drinking
- Risky drinking
  - For women, more than 1 drink per day on average.
  - For men, more than 2 drinks per day on average.
  - Binge drinking
    - For women, 4 or more drinks during a single occasion.
    - For men, 5 or more drinks during a single occasion

ASK QUESTIONS

- Learn the risk vs. benefits of the treatment.
- Make a list of your questions.
- Make sure you understand the answers.
- Follow the treatment plan.
- Know and report medication side effects to your provider.
- Take medications on time, for the specified number of days, or doses.

Best Known Way to Prevent Infections

Wash Your Hands

Safety

- Baby gates
- Electrical outlet plugs
- Ovens are not insulted and will be hot to touch
- Water safety
- Toys
- Crib, highchair, playpen and stroller meet safety standards
- Storing medication and chemicals (safety latches)
- Wear your seatbelt in the front and back seat
- Use only approved child car and booster

Questions?

ARMY MEDICINE
Serving To Heal...Honored To Serve

TBI Awareness for Soldiers and Leaders

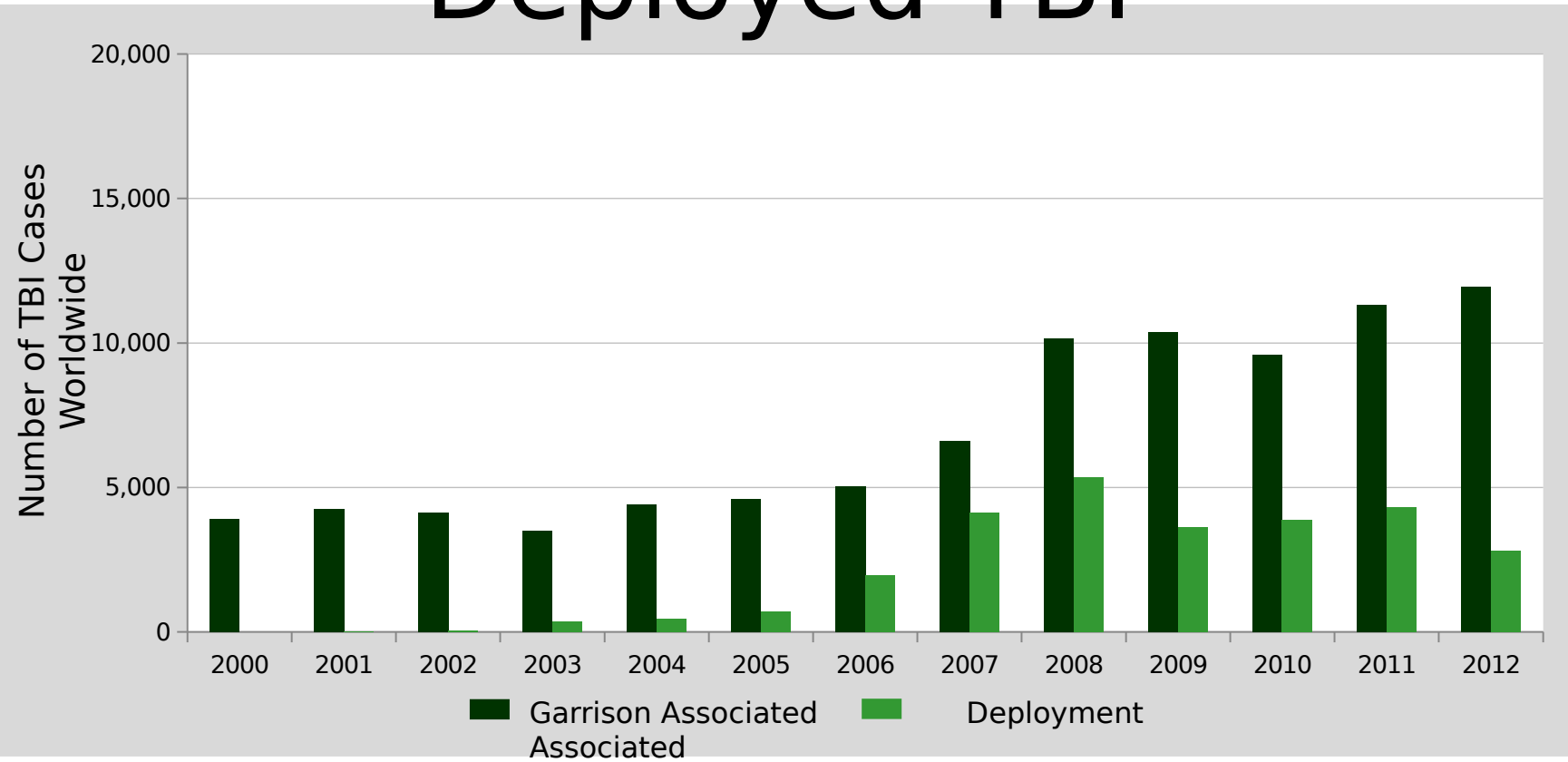
Annual Training Requirement

US Army Health Center, Vicenza

June 2013

UNCLASSIFIED

Army Garrison and Deployed TBI



- **76% of all TBIs that occurred in the Army from 2000-2012 occurred in garrison**
- **TBI will remain a military concern long after 2014 Afghanistan troop withdrawal**

Source: Armed Forces Health Surveillance Center

Situation

- Concussion can negatively affect Soldier health, unit readiness, and mission accomplishment
- The Army must ensure appropriate medical management of all Soldiers involved in potentially concussive events in theater and in garrison
- Early detection and treatment are the keys to preventing long-term effects of concussion

Concussion Basics

A concussion:

- is also known as mild traumatic brain injury (TBI)
- is a change in normal brain function caused by a blow/jolt to the head or some other external force such as a blast
- can occur even without being knocked out/blacking out
- can temporarily change the way the brain works

Impact of Concussion

- Concussion symptoms may decrease a Soldier's effectiveness and ability to do his/her job and negatively impact the Soldier's unit

Common concussion symptoms:

- Headache
- Sleep disturbance
- Fatigue
- Dizziness/Balance problems
- Visual disturbance/Light sensitivity
- Ringing in ears
- Slowed thinking
- Difficulty finding words
- Poor concentration
- Memory problems
- Anxiety/Depression
- Irritability/Mood swings

As a result, Soldiers may experience:

- Difficulty sleeping at night
- Decreased energy and alertness
- Reduced work performance
- Trouble multi-tasking
- Easily distracted
- Difficulty processing multiple sources of information
- Interpersonal problems

Impact of Multiple Concussions

- Symptoms may be more severe with each additional concussion and they may take longer to resolve
- Persistent symptoms may lead to:
  - Reduced work performance
  - Behavioral or emotional problems
  - Reduced fighting force
- Leaders need to take steps to prevent a second concussion
  - No combatives, sports, etc. until cleared by medical

HQDA EXORD – Concussion in Garrison
NEW! Signed 18 June 2013

HQDA EXORD 165-13

Department of the Army Guidance for Management of Concussion/Mild Traumatic Brain Injury in the Garrison

- Formalizes mandatory line leader and medical personnel actions following Soldiers' involvement in potentially concussive events in garrison
- Ensures that all Soldiers involved in potentially concussive events are immediately identified and treated similar to the processes in the deployed setting

Potentially Concussive Events

- Soldiers involved in any one of the following events ***even during***

Involvement in a vehicle collision or rollover

A blow to the head during activities such as training, sporting/recreational activities, or combatives

Within 50 meters of a blast (inside or outside)

Command-directed such as, but not limited to, repeated exposures to events listed above, and in accordance with environmental sensor (i.e. helmet sensor, blast gauge, etc.) protocols

Garrison Actions Following Potentially Concussive Events

Commanders or their representatives must ensure that all Soldiers involved in potentially concussive events are evaluated using the Military Acute Concussion Evaluation (MACE)

Performed by a medic (with provider consultation) or healthcare provider

Conducted as soon as possible after the event but no later than 12 hours after the event

Treatment and Recovery

- Soldiers must see medical as soon as possible after a suspected concussion
- Every concussion is different
- Soldiers recover at varying rates and respond differently to treatment
- **Most Soldiers can expect a full recovery**
  - Early detection and treatment are essential to recovery
- The medical provider will advise when it is safe for Soldiers to return to duty

What Activities HELP Concussion Recovery?

Cognitive (i.e. "Thinking")

- Maximize downtime or rest during the day
- Adequate sleep at night

Physical

- Keep the heart rate low
  - Stay out of the heat
  - Limited physical activity

Soldiers may respond differently to physical and cognitive rest

What Activities HURT Concussion Recovery?

Avoid these Cognitive (i.e.“Thinking”) Activities

- Mental exertion
  - Writing reports
  - Activities requiring intense concentration
  - Playing video games
- Inadequate sleep
  - Caffeine or “energy enhancers” that prevent proper sleep
  - Irregular sleep schedule

Avoid these Physical Activities

- Exertion
  - Working
  - Heavy lifting
  - Exercising
  - Sports
  - Combatives

Soldiers must prevent another concussion while the brain is recovering

TBI in Vicenza

- If you think you have had a concussive event, see your Medical Provider within 12 hours (On or Off Duty) for an evaluation

- For more information, visit Ms Eason, TBI Nurse Educator in the TBI Dept in the Health Center
- Or talk to your medical provider.

- TBI Program, Vicenza DSN 636-9675 CIV: 0444-61-9675

- www.atn.army.mil for more training
  www.dvbic.dcoe.mil for more information